

**Sydney  
Striders**



[www.sydneystriders.org.au](http://www.sydneystriders.org.au)

# AWARDS DINNER 2010

**Date:** Friday 28th May 2010  
**Venue:** Ballroom - Level 3, Star City Casino, Pyrmont  
Parking available underneath (fee applicable)  
**Time:** 6.30pm pre dinner drinks ballroom foyer  
**Ticket:** \$50 per person (club members & spouses)  
\$90 per person for non striders  
(includes dinner. Drinks at own expense)  
**Guest Speaker:** Steve Moneghetti

This exciting annual awards dinner is your chance to meet up with your running friends, share some great food, cheer the awards recipients and to hear a true legend of running, Steve Moneghetti inspire you with his running stories and achievements.

During the evening the Awards from 2009 performances to be announced, these awards are:

1. Marathon awards & MTG certificates
2. Improver of the year, encouragement award
3. Triathlete of the year, Ultra marathoner of the year
4. STAR host & Blister article of the year (voted by you)
5. President's award for excellence
6. The Equaliser Award
7. The Maria Gemenis-Cruickshank "Outstanding Achievement Award" - this is awarded as a result of your votes from the candidates nominated on the following page.

**Please note that the club is subsidising every strider ticket to the value of \$40 hence the higher price for non striders who wish to attend. Please note that the club will subsidise strider partners also!**



Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

No of Strider tickets \_\_\_\_\_ No of Non Strider tickets \_\_\_\_\_

Payment: Cash/Cheque/Credit Card

Card Number: \_\_\_\_\_ exp \_\_\_\_\_/\_\_\_\_\_

3 digit security pin code \_\_\_\_\_

Table Bookings - No of tables: \_\_\_\_\_ Full payment for table is required at the time of booking  
(as table organiser, you must submit full payment for 10 people and guest names)

**Please post your booking and award voting to Sydney Striders Awards Dinner,  
P.O. Box R 1227  
Royal Exchange NSW 1225.**



There are three awards that you vote on:

- **Maria Gemenis-Cruikshank Outstanding Achievement Award**
- **Blister Awards**
- **STAR host Award**

Voting is simple - please put a **X** against your selected winner in each section. Only **1 X per section please**. Then simply post, email or text your votes. Remember your vote is important so please make the effort so that we can award the winners.

**Post to:**

Sydney Striders Awards Voting 2009  
P.O. Box R 1227  
Royal Exchange NSW 1225

**Text:**

0410 594 189 Stating your name and votes

**Email:** [info@sydneystriders.org.au](mailto:info@sydneystriders.org.au)

### **VOTING CLOSES: Wednesday 20th May 2009**

## **Maria Gemenis-Cruikshank Outstanding Achievement Award**

**This year the nominees are as follows.**

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Dave Criniti</b>     | 1st place Canberra marathon and 50K after a 1st in the Hobart Marathon and before winning Townsville marathon a few months later.   |
| <input type="checkbox"/> <b>Melinda Vernon</b>   | 1st Sydney City to Surf   |
| <input type="checkbox"/> <b>Keith Bateman</b>    | 50+ Australian Record for 3000m 8:59:62   |
| <input type="checkbox"/> <b>Ron Daly</b>         | At 84 years won a silver medal in the Half Marathon at the World Masters Games  |
| <input type="checkbox"/> <b>Jeremy Horne</b>     | 1st Australian in the NSW Marathon  |
| <input type="checkbox"/> <b>Alex Whitworth</b>   | Double world circumnavigation in a 10m sailing boat including the North West Passage and both Cape Horn and Good Hope, and got off his boat and ran the Falklands Island marathon |
| <input type="checkbox"/> <b>Richard Green</b>    | 1st UK Trailwalker 100k   |
|  | <b>Jaap Bakker</b>  |
|  | <b>Joel Mackay</b>  |
|  | <b>Jonathan Worswick</b>  |
| <input type="checkbox"/> <b>Ron Schwebel</b>     | In November 2009 Ron set the Australian Mens 55-59 record for 50 km in a time of 3:43:00. He currently holds seven national M55-59 age group records for ultra distance running.  |
| <input type="checkbox"/> <b>Sharon Callister</b> | 100 K 2009 Oxfam Trailwalker  |
|  | <b>Clare Holland</b>  |
|  | Fastest Female Team Sydney Striders Green Goddesses 16hours 57 minutes  |
|  | <b>Melissa Selby</b>  |
|  | <b>Samantha Isbel</b>   |



## Blister Award – this is for the best article (*Please tick 1 only*)

### Nominations are:

<input type="checkbox"/> 100km World Cup	Sharon Callister
<input type="checkbox"/> A look inside the racer's mind	Dennis Wylie
<input type="checkbox"/> A Mountain Bike led Rcovery in East Timor	James Cryer
<input type="checkbox"/> A tale of one city and two airports	Linda Barwick
<input type="checkbox"/> Advice from Auntie Joan	Karen Canfell
<input type="checkbox"/> Coburg 24hr	Allison Lilley
<input type="checkbox"/> Cole Classic - Shelly to Manly Beach	Rick Collins
<input type="checkbox"/> Confessions of a Pacer	Lisa Carroli
<input type="checkbox"/> Courir le Monde	Margaret Krempff
<input type="checkbox"/> Fast work from superfit team from down under	Richard Green
<input type="checkbox"/> Fractures that really Stress you out	Tim Austin
<input type="checkbox"/> From Melbourne to Boston - Melbourne marathon 2009 report	Rob Costello
<input type="checkbox"/> Hanging with Haille	Shelley Johnston
<input type="checkbox"/> Hawaii Ironman revisited	Charles Coville
<input type="checkbox"/> Horrie's Horror	Glen Lockwood
<input type="checkbox"/> How I came to be a Strider	Salle-Ann Ehms
<input type="checkbox"/> Knee Cap Pain	Tim Austin
<input type="checkbox"/> Leg Cramps	Georgina Moore
<input type="checkbox"/> Marathon Du Mont Blanc	Oscar Booth
<input type="checkbox"/> Marathon Trendsetters	Kevin O'Kane
<input type="checkbox"/> My Illiotibial Band Story	Nick Taylor
<input type="checkbox"/> Oh! What a feeling	Rod Bennett
<input type="checkbox"/> Out of Africa	Heiko Schaeffer
<input type="checkbox"/> Paris Marathon	Ingrid Grace
<input type="checkbox"/> Rome Marathon & Paris Half Marathon	Brent Cubis
<input type="checkbox"/> Ron & Dennis's excellent adventure	Dennis Wylie
<input type="checkbox"/> Running a marathon - So near & yet so far,	Mohammed Alkhub
<input type="checkbox"/> Running Blind	Darren Moyle
<input type="checkbox"/> Running in France	Keith Bateman
<input type="checkbox"/> Sigh' Attica	Tim Austin
<input type="checkbox"/> Streaking part one and part two	Rob Partridge
<input type="checkbox"/> The Baldy Man Beach run, Tramore, Ireland	John Bowe
<input type="checkbox"/> The Battle of Nellie's Glen	David Criniti
<input type="checkbox"/> The Fraserburgh Half Marathon	Alistair Mclean
<input type="checkbox"/> The Great Canleigh Kauri Run	Carol Taylor & Tina Campbell
<input type="checkbox"/> The highs and lows of my 08/09 Triathlon season	Charles Coville
<input type="checkbox"/> The Inaugural Great Ocean Walk	Wayne Gregory
<input type="checkbox"/> The loneliness of the long distance runner - At the Track	Rachael McKinney
<input type="checkbox"/> The Power of a Training Buddy	Amelia Burton
<input type="checkbox"/> The Road to Alice	Sharyn Hill
<input type="checkbox"/> Trailtrekker	Joel McKay
<input type="checkbox"/> Tri Tri Try	Zoe Cameron
<input type="checkbox"/> Trying something different - my experience with Bikram yoga	Gerry Arthur
<input type="checkbox"/> What makes a Marathon Maniac	Alan Wareham
<input type="checkbox"/> Why Cross Country running is ideal for the Modern Woman	Rachael McKinney
<input type="checkbox"/> Why I Don't Run Any More	Alf Field
<input type="checkbox"/> World Master's race report	Randy Brophy
<input type="checkbox"/> You do the Math	David Criniti

## STAR Host of 2009 (Please tick 1 only)

Nominations are:

STaR Host	STaR	Date
<input type="checkbox"/> Robert & Sue Chalmers	Dee Why Dash	4th January
<input type="checkbox"/> Kevin O'Kane	Bobbin Head Revisited	11th January
<input type="checkbox"/> Mary Stringer & Greg Prerau	Clovelly Canter	18th January
<input type="checkbox"/> Barry Rutter & Darryl Chrisp	Willoughby Winder	25th January
<input type="checkbox"/> Tim Austin	Balmain Bungle	1st February
<input type="checkbox"/> Dale Thompson	Hornsby Hurricane	8th February
<input type="checkbox"/> Stephen Bodnar	Airport Adventure	15th February
<input type="checkbox"/> Leigh MacRitchie & Jamie Blackie	Pymble Pushover	1st March
<input type="checkbox"/> John Van Yzendoorn & Paul Jackson	Homebush Hustle	8th March
<input type="checkbox"/> Sue Hayward & Jon Ikin	North Head	22nd March
<input type="checkbox"/> Nick Brewster & Gerry Arthur	Western Wanderer	29th March
<input type="checkbox"/> Pauline Evans & Karen Canfell	Ten Bridges Classic	5th April
<input type="checkbox"/> Bruce Smith & Barbara Becker	Vaucluse Variation	12th April
<input type="checkbox"/> Joe Degabriele	Iron Cove Bolter	19th April
<input type="checkbox"/> George and Lynn Herisson	Buffalo Creek Reserve	26th April
<input type="checkbox"/> Greg Puttick	Tourist Trot	3rd May
<input type="checkbox"/> Steve Lowndes & Dave Clear	Newport Nightmare	10th May
<input type="checkbox"/> Ben McSweeney and Helpers	North Ryde Ramble	24th May
<input type="checkbox"/> Nick & Liz Woodhams	Chatswood Chase	31st May
<input type="checkbox"/> Allan Caulley	Harbourside Hike	7th June
<input type="checkbox"/> Margaret & Keith White	Rocks Push	14th June
<input type="checkbox"/> Danielle McCormack & Peter Hibberd	Mosman Reversed	21st June
<input type="checkbox"/> Leonor Lawler, Paula McCormack & Barbar Wheat	Great North Walk	28th June
<input type="checkbox"/> Allan Wareham & Steve Fisher	Berowra Big Dipper	5th July
<input type="checkbox"/> Mellanie Hodgson, Sally Binfield, Jess Baker	Pymble Pushover	12th July
<input type="checkbox"/> Darryl Chrisp	Davidson Recreation	19th July
<input type="checkbox"/> Robert & Sue Chalmers	Dee Why Dash	26th July
<input type="checkbox"/> Tim Austin	Balmain Bungle	2nd August
<input type="checkbox"/> Nick Brewster & Gerry Arthur	Western Wanderer	16th August
<input type="checkbox"/> Paul Thompson & Ross Perkins	Homebush Hustle	23rd August
<input type="checkbox"/> Belinda Jones	Sydney Marathon Sneakpreview	30th August
<input type="checkbox"/> Michael Sharp	Middle Harbour Picnic	6th September
<input type="checkbox"/> Kevin O'Kane	Bobbin Head Revisited	13th September
<input type="checkbox"/> Steve Hume and Helen Wilson	Cherrybrook Circuit	27th September
<input type="checkbox"/> Raj Narayan	Lap of the Lake	4th October
<input type="checkbox"/> Jamie Blackie & Leigh Macritchie	River Run	11th October
<input type="checkbox"/> Mary Stringer & Greg Prerau	Clovelly Canter	18th October
<input type="checkbox"/> Barry Rutter & Darryl Chrisp	Willoughby Winder	1st November
<input type="checkbox"/> Julian Roux	Edgecliff Excursion	8th November
<input type="checkbox"/> Ben McSweeney and Helpers	North Ryde Ramble	15th November
<input type="checkbox"/> Lynn & George Herrison	Buffalo Creek Reserve	22nd November
<input type="checkbox"/> Stefica & Mike Key	Barrenjoey Bash	29th November
<input type="checkbox"/> Pauline Evans, Karen Canfell & Jess	10 Bridges Classic	6th December
<input type="checkbox"/> Jo Cowan & Nick Brewster	X-Mas STaR	13th December

If you have any questions please do not hesitate to email Chris Truscott or Jo Cowan  
[chris@rejoovfitness.com.au](mailto:chris@rejoovfitness.com.au) or [jdc@zip.com.au](mailto:jdc@zip.com.au), or phone Jo 0410 594 189

Thanks for voting and we will see you on Friday 28th May 2010 at the Striders Awards Dinner